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Parkinson's Disease and Occupation Focused Wellbeing

Ashley Adamczewski
Cleveland State University

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Background

InMotion™ is a community wellness center that serves individuals diagnosed with Parkinson's disease (PD). InMotion™ is dedicated to helping people with PD take charge of their well-being through group-based exercise, education, support groups, and more.

My purpose as an occupational therapy student at InMotion™ was to advocate for occupational therapy services in the community/preventative care setting and educate InMotion™ clients on how OT can be beneficial to enhance quality of life and overall wellbeing.

Capstone Experience

Throughout my 14-week capstone experience, I had many opportunities to be involved in the InMotion™ community and learn about Parkinson's disease. I was able to receive certifications to gain knowledge about occupational therapy interventions for individuals with PD.

Biography

Ashley Adamczewski, S/OT is a CSU Occupational Therapy Doctoral Student with a passion to help people feel better every day. Ashley is interested in providing occupational therapy services to the PD community and educating the community on the benefits of occupational therapy for living well with PD.



Scan the QR code to view my capstone presentation and e-Dossier displaying academic work completed throughout my doctoral degree.

Capstone Accomplishments

- ❖ Occupation-based survey to the clients of InMotion™ to inform tip sheets (see below)
- ❖ Non-profit organization experience
- ❖ Educating clients on benefits of occupational therapy and occupation-focused interventions
- ❖ Volunteer in Better Every Day™, Mindful Movement, Spinning, Drums Alive®, Boxing, Brain Builder, Handwriting Seminar, LOUD Crowd®, PD 101, PD Café, etc.
- ❖ Collaborate on Move of the Week for clients to utilize movements and strategies in everyday scenarios
- ❖ PWR!Moves® Therapist Certification
- ❖ YogaReach® Adaptive Yoga for Parkinson's Certification

Satisfaction Survey

I created a survey related to satisfaction with participation in daily occupations to determine the needs of InMotion™ clients. A five-point scale was used to determine level of satisfaction with participation.

Top 5 concerns found through survey results:

1. Write Legibly
2. Speak loudly and clearly
3. Open jars & containers
4. Adjust buttons/zippers/snaps
5. Put on/take off socks

Evidence-based Tip Sheets

For my capstone project, I have created 5 occupation-based tip sheets to share with the InMotion™ community, the topics include:

- ❖ Occupational Therapy for PD
- ❖ Benefits of Leisure in PD
- ❖ Improving Fine Motor Skills in PD
- ❖ Adaptive Equipment for Everyday Routines
- ❖ Postural Awareness in PD



Scan the QR code to view the 5 evidence-based tip sheets virtually.

Key references

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